

## Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Personal Trainer  
 University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management

To comply with this agreement, students must complete the associate’s degree with the major listed above and include the specific courses listed below.

**Courses listed here are required for the agreement. Credited courses completed as part of the A.A. or A.S. that do not apply to the general education at RSC or the UCO major transfer to UCO as electives.**

### RSC

### UCO

- General Education requirements  
 HPER 1113 First Aid/First Responder  
 HPER 1202 Health and Wellness  
 HPER 1213 Introduction to Health and Sports Sciences  
 HPER 2612 Legal Aspects of Health and Sports Sciences  
  
 HPER 2623 Physiology of Exercise  
 HPER 2643 Applied Anatomy  
 HPER 2333 Sports Nutrition

- University Core completed with A.A or A.S.  
 HLTH 2212 First Aid with Cardio Resuscitation  
 +HLTH 1112 Healthy Life Styles  
 +KINS 2643 Intro to Kinesiology Studies  
 KINS 4252 Legal Aspects of Leisure Services and Fitness Programs  
 +PHED 3503 Physiology of Exercise  
 +HLTH 3223 Applied Anatomy  
 #HLTH 3413 Nutrition for Sport and Fitness

**This degree requires additional course work, including the general education, as stated in the OCCC Catalog. Other OCCC courses may or may not apply to the UCO major. That specific information can be found on the UCO website under the Online Transfer Guide.**

**(May be taken at RSC.) This signifies that a UCO course requirement can be met with the equivalent RSC course (found on the UCO website). To take this course at RSC, the student should confirm that it will fit into the associate’s degree without exceeding the requirements. A minimum of 60 hours must be taken at a baccalaureate granting institution. Exceeding 64 credit hours at the community college means the student will be required to take more than the minimum of 124 credit hour total. A minimum of 40 hours of 3/4000 level courses is required for the baccalaureate. Courses from community colleges are 1/2000 level.**

**Total at Rose State College.....60-64**

**To be taken at the University of Central Oklahoma.....60-64**

**Kinesiology - Exercise/Fitness Management .....57**

Required Core ..... 15

Required Courses:

- HLTH 4103 Human Development
- +^\*\*KINS 3403 Principles in Leadership Development
- ^KINS 3623 Program Design and Management
- +KINS 3713 Research and Evaluation
- ^KINS 4433 Management Principles

Required Theory ..... 38

- HLTH 3493 Physical Treatment of Athletic Injuries
- KINS 2713 Physical Activity & Health

|  |       |  |
|--|-------|--|
| #KINS                                      | 3112  | Group Exercise Techniques  |
| #KINS                                      | 4203  | Physical Activity and Aging                                      |
| ^KINS                                      | 4263  | Performance Training Concepts                                    |
| ^KINS                                      | 4323  | Exercise Programming for Special Populations                     |
| ^KINS                                      | 4413  | Applied Exercise Physiology                                      |
| ^KINS                                      | 4513  | Fitness Assessment   |
| *KINS                                      | 4523  | Exercise Prescription  |
| *KINS                                      | 4900  | Practicum in Kinesiology and Health Studies (1 hr)               |
| **KINS                                     | 4900  | Practicum in Kinesiology and Health Studies (1 hr)               |
| #KINS                                      | 4950  | Internship in Kinesiology and Health Studies<br>(4 hrs)          |
| +PHED                                      | 3333  | Mechanical Principles and Analysis of Movement                   |
| REC  | 3513  | Facility Management  |
| Required Theory (Supporting Fields)..... 4 |       |  |
| +CHEM                                      | 1014  | Introduction to Chemistry and Lab ( <b>May be taken at RSC</b> ) |
| +CHEM                                      | 1014L | Introduction to Chemistry Lab                                    |

- \* To be taken concurrently
- \*\* To be taken concurrently
- ^ Must be completed to enroll in the internship
- + Must be taken prior to admission into the program with a minimum 2.5 average.
- # Admission into the Exercise/Fitness Management major required.

**Electives to total..... 124**

**Admission to the Major:**

The student must apply for the Exercise & Fitness Management program by submitting the application and transcript to the Kinesiology & Health Studies Office on or before the last Friday of January for fall admission and the second Friday of September for spring admission. Students will be notified eight to ten weeks after the filing date as to the disposition of the application.

**Minimum Grade Requirements**

1. Average in all college course work ..... 2.00
2. Average in all UCO course work ..... 2.00
3. Average in Pre-Kinesiology (+) course work ..... 2.50  
(minimum grade of "C").
2. Average in major course work ..... 2.50  
(minimum grade of "C").

**Program-to-Program Transfer policies are available in the Introduction for Program-to-Program Agreements on the UCO website at the top of the list of agreements. Links to the agreements can be found on the Academic Affairs or Transfer Student Support web pages.**